

# Is energy density associated with type 2 diabetes in adults? (DGAC 2010)

## Conclusion

Consistent but limited evidence suggests that lower-energy density diets may be associated with lower risk of type 2 diabetes among adults.

## Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Is energy density associated with type 2 diabetes in adults?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Is energy density associated with type 2 diabetes in adults?](#)